



THE JOURNEY OF LEARNING

YEAR 10 GCSE PE THEORY



- Intent**
- To experience a variety of roles within physical education and school sport.
 - To develop a variety of skills, techniques and tactics and use them in a variety of competitive situations.
 - To promote lifelong participation and have a positive impact on physical, mental and social well-being.
 - To create an inclusive, accessible, challenging environment in order to develop transferable skills.
 - To provide a range of extra-curricular activities.

Step up to Yr11 holiday independent learning summer homework.

Year 11 Summer Preparation

DIRT: topic review on drugs in sport.

Be able to give practical examples of the use of these drugs in sport.

Extended writing: Drugs in sport

Know and understand the impact of drug use in sport on the performers and the sport itself.

Know the types of drugs and their effect on performance (anabolic steroids/beta blockers/stimulants).

Know and understand the reasons why sports performers use drugs.

Formal assessment

Know and understand the value of sportsmanship and the reasons for gamesmanship, deviance and violence in sport.

Year 10 Summer Term 2

DIRT: topic review on diet and hydration.

Be able to apply practical examples to these concepts.

Be able to apply practical examples from physical activity and sport to diet and hydration.

Know the definition of a balanced diet.

DIRT: topic review on ethics in sport.

Be able to apply the benefits and consequences to different age groups.

Understand the different health benefits of physical activity and consequences of a sedentary lifestyle.

Extended writing: Types of feedback

Understand types of feedback and be able to apply practical examples to their use.

Year 10 Summer Term 1

Understand the effect of diet and hydration on energy use in physical activity.

Know the components of a balanced diet.

Be able to apply practical examples of skills for each continuum along with justification of their placement on both continua.

Know continua used in the classification of skills (difficulty and environmental)

DIRT: topic review on health, fitness and well-being.

Extended writing: Health, fitness and well being

Social Emotional

Know what is meant by health, fitness and well-being.

DIRT: topic review on types of feedback.

DIRT: topic review on types of guidance.

Be able to respond to data about health, fitness and well-being.

Understand and be able to apply examples of the use of goal setting.

Be able to apply the SMART principle to improve and/or optimise performance.

Know mental preparation techniques and be able to apply practical examples.

Year 10 Spring Term 2

Understand and be able to apply examples of the characteristics of skilful movement.

Understand the SMART principle of goal setting with practical examples.

DIRT: topic review on movement analysis

Know the location of the axes of rotation in the body and their application to physical activity and sport.

Know the three classes of lever and their use in physical activity and sport.

Extended writing: Risk of injury

Know potential hazards in a range of physical activity and sport settings and be able to apply practical examples.

Extended writing: Types of guidance

Understand types of guidance, their advantages and disadvantages, and be able to apply practical examples.

DIRT: topic review on mental preparation.

DIRT: topic review on goal setting

Year 10 Spring Term 1

Know the definition of motor skills

Formal assessment

Know the location of the planes of movement in the body and their application to physical activity and sport.

Know the definition of mechanical advantage.

Understand the key components of a warm up and be able to apply examples.

Understand the key components of a cool down and be able to apply examples.

DIRT: topic review on warm up and cool down.

Year 10 Autumn Term 2

Understand how the risk of injury in physical activity and sport can be minimised and be able to apply practical examples

DIRT: topic review on risk of injury.

DIRT: topic review on principles of training and FITT.

Know the definitions of the elements of FITT and be able to apply them to personal exercise/training programmes.

Know the physical benefits of a warm up.

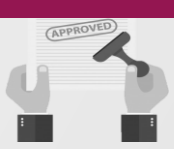
Know the physical benefits of a cool down.

Extended writing: Warm and cool down

Year 10 Autumn Term 1

Know the definitions of the principles of training and be able to apply them to personal exercise/training programmes.

End of Year 9



Closed Book Assessments

DIRT

Formative Assessments

PSHE

Careers Related

Literacy Focus

Cultural Capital



YEAR 11 GCSE PE THEORY



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- To provide a range of extra-curricular activities.

Year 11 Summer Term 2

Statutory examination paper 1 & 2

Individualised recap of gaps based on mock examination

Exam preparation

Know the continua used in the classification of skills. Understand and be able to apply examples of the characteristics of skilful movement.

Year 11 Summer Term 1

Know the definition of the principles of training and be able to apply them to practical examples.

Understand the SMART principle of goal setting with practical examples.

Mock paper 1&2

Understand how different factors affect participation.

Know the location of the plane of movement and axes of rotation in the body and their application to physical activity and sport.

Understand the short and long-term effects of exercise on the body

PAPER 1, 6 MARK
Extended Write

PAPER 1 6 MARK
DIRT

Year 11 Spring Term 2

Know the types of drugs and their effect on sports performance.

PAPER 2, 6 MARK
Extended Write

PAPER 2 6 MARK
DIRT

Be able to define, link practical examples and know suitable test for the COF.

Know the different types of training, definitions and examples of each type of training.

Know mental preparation techniques and be able to apply practical examples to their use.

Understand the effect of diet and hydration on energy use in physical activity.

Know the three classes of lever and their use in physical activity and sport.

Movement analysis and classification of a chosen

Overview of the key skills required for their chosen activity.

Evaluate the strengths and weaknesses of their physical fitness accurately

Mock paper 1&2

Year 11 Spring Term 1

Paper 1 recap

Action plan to improve an aspect of performance in the chosen activity.

Assessment of their own strengths and weaknesses for their chosen activity.

Analysis of the importance of the different COF for their chosen activity.

Completion of controlled assessment

Year 11 Autumn Term 2

Understand how different factors can affect participation.

Be familiar with current trends in participation in physical activity and sport.

Factors affecting participation
Extended Write

Factors affecting participation
DIRT

Media Influences
DIRT

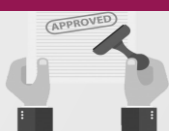
Year 11 Autumn Term 1

Understand strategies which can be used to improve participation.

Be able to apply examples from physical activity/sport to participation issues.

Understand the influence of the media and sponsorship on the commercialisation of physical activity and sport.

End of Year 10



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